

# To stop the spread of flu,

we started your list of things  
to ask your doctor:

1. *Who needs the flu vaccine?*
2. *How do I protect myself from H1N1 and seasonal flu?*
3. *When should I get the vaccine?*
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_



The best place to start if you want to stop the spread of the flu is to talk to your doctor or healthcare provider. The vaccine is the safest and most effective way to fight the flu. While there are some supplies of H1N1 vaccine available now, in the fall the seasonal flu vaccine will also protect you from H1N1. Spread the word. Talk to your doctor. Stop the spread.  
**[michigan.gov/flu](http://michigan.gov/flu)**